VOL VIII No. 11 Naval Hospital, Orlando, Florida 1 October 1984

Steth-O-Scoop highlights the Navy's Birthday - 13 October

The Navy's got 209 years; how many are yours?

HMCM(SS) R. C. Clements, Special Projects: "30! ... and all marvelous!"

Wes Sorenson, STC (Ret.), Mail Room: "24+ years... they were great!"

CDR E. D. Medina, NC, Anesthesiology Dept: "19 years, 11 months, and 14 days! .... no regrets!"

CWO4 L. G. Bell, PA, Internal Medicine: "20 years ..... OOORAH!"

Estelle Duell, YNC (Ret.), Inpatient Div: "19 years. .. "twas supercalidosius!"

CDR P. Truran, Director for Administration: "26 years and 7 months ... a great career."

HA G. Eastom, ER: "9 months ... it's interesting and I'm learning a lot."

HN J. Warne, Surgical Department: "1 year and 9 months ... it's a unique experience!"

HMCS D. F. Clark, Manpower Management Dept: "24 years... it's been like 24 minutes!"

HA W. Stewart, AMCC: "10 whole months ... I like the steady paycheck and the security."

HA S. Lyles, 3 MED: "I have been in 7 months. ... it's exciting!"

HA W. Lee, 3 MED: "I have 7 months in ... it's not bad!"

HMC J. Johnson, Laboratory: "19+ years ... it's been a learning experience."

HN R. Albarran, Immunizations: "17 months ... and it's a challenge!"

CDR E. Carter, Nursing Services: "15 years ... it's been rewarding and fun .. I wouldn't change a thing!"

HA S. Fetcko, 3 MED: "7 months ... and I'm constantly learning."

CAREER COUNSELOR'S CORNER

HM1 Dennis M. Downey, USN

Voluntary tour extensions

NAVOP 103/84 solicits voluntary tour extensions from officer and enlisted personnel. FY '83 and '84 appropriations reduced PCS funds which resulted in voluntary extension programs for both years. A similar extension plan is offered for FY '85 but is being done earlier to provide members an early opportunity to participate. This should result in improved personnel and command stability, as well as better use of PCS funds.

Enlisted members with projected rotation dates between 1 January and 30 September 1985, who are not in receipt of orders and desire to extend their tours for one year, should submit requests to CNMPC, via the Command Career Counselor, no later than 10 October 1984. If approved, member must have or incur obligated service for the duration of the extension. Officers desiring to extend FY '85 projected rotation dates should submit their requests to CNMPC, via HM2 Bue, no later than 10 October 1984.

Individual desires, sea/shore command readiness, and fleet balance will be primary factors in approving or disapproving requests. No personal plans should be made until official approval is received. CNMPC and/or EPMAC will answer requests within three weeks of receipt.

In memory of a Shipmate

CAPT Janet M. Redgate, NC, USN (Ret.)

Captain Janet M. Redgate, NC, USN (Ret.), former Director of Nursing Services at Naval Hospital Orlando (June 1975 to March 1980) died unexpectedly on 28 August. Captain Redgate served 28 years in the Navy Nurse Corps with assignments world-wide, including Korea and Vietnam. Captain Redgate's legacy of inspirational leadership will be reflected in the Navy for years to come because of her influence on the careers of thousands of junior nurses and hospital corps personnel. Captain Redgate is survived by her mother, Mrs. Lillian Redgate of Winter Park, and her brother Mr. Daniel S. Redgate of Hollywood, Florida.

American Red Cross

Volunteer hours

for August - 1,691

Total for year - 18,736 1/2

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN 74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appopriated funds. Commanding Officer: CAPT R. Erwin, MSC, USN; Executive Officer: CAPT G. Zel, MC, USN; Public Affairs Officer: CDR P. F. Truran, MSC, USN.

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LAB LINE

CDR M. L. Pratt, MSC, USN

Urinalysis

How would you like to come to work each morning to face a hundred or so bottles of urine for routine and microscopic urinalysis? Urine collected in everything from coke bottles to pickle jars and ALL distinctly aromatic! And then, if you really did a good job, you could get to do a couple of sperm counts. That, is a basic description of the job for the urinalysis technician -- sometimes known as the peepee tech or the tinkle tech. Our present director of the UA farm is HM3 Jeff Saadat. He is one of the very few who has been able to maintain his sanity after a month in urinalysis. There obviously has to be a high level of self-motivation and it is often necessary to "relieve" a technician before they "wash out" or go "down the drain" with the residue of their specimens. There is some job satisfaction however; occasionally, you find a crystal. Finding one is really big time. We get to look at it with some polarizing microscope lenses and produce some really neat optical effects. It is really unfortunate that all the modern laboratory analyzers have overshadowed urinalysis when, in fact, the whole of laboratory medicine got its start with the visual inspection of urine specimens. We are grateful that dip stick chemical analysis has replaced the old manual methods involving the boiling of urine. If we could only perfect the automation of the tedious microscopic examination of urine sediment. Maybe someday .... In the meantime, please consider the real need for a urinalysis before ordering it; and please, use appropriate collection containers!

HM3 Jeff Saadat

NURSING SERVICES

Column Coordinator:

LT M. L. Mangum, NC, USNR

Hello there ...

... my name is Nancy Nosocomial. I am a well known opportunist who dwells in every nook and cranny of hospitals. I am an organism which cannot be seen by the naked eye nor am I something you can touch. I am very worrisome to health care providers because I can be very dangerous to them and their patients. Because of me, five in a hundred patients develop infections and 15,000 fatalities occur nationwide, every year. However, I do have my enemies!

The persons who handwash before and after contact with patients; after handling contaminated items (such as bedpans); and before eating, drinking or handling food.

Then, there are those "aseptic conscious" persons who use sterile technique in wound and dressing changes and catheter insertions.

And I hate those who follow hospital policies on isolation procedures, IV site care and tubing change.

And, last but not the least of my enemies, are those neurotics who field day from floor to ceiling; boy, does that put a damper on my day!

So, to stop me from spreading in your hospital -- use infection control procedures EVERY time!

Infection Control is EVERYONE's responsibility.

Staff Journal

Marilyn L. Mangum, NC, was frocked to her new grade of Lieutenant on 11 September. As she received CAPT Zel's congratulations, LCDR Leiby pinned on the new collar insignia.

HM2 Rolando Gosselin, Laboratory Department was reenlisted on 18 September by CDR Pratt, Laboratory Officer. His wife, Tammy, and daughter, Michelle, were on hand for the big day.

CAPT Zel and CDR Pratt bid farewell to HM2 Carolyn Richter on 14 September as she departed the Navy. Petty Officer Richter will be greatly missed by the Laboratory staff as well as the many patients she has assisted.

HM3 Zachary Wood, Security Division, reenlisted on 11 September for 4 years under the Guard III Program. His reenlistment officer was LCDR Daniel Colvin, NC, Admin Officer, ARS.

On 19 September, CAPT Zel presented HMC Frank Adgate, Laboratory Department, with a Letter of Commendation. Chief Adgate transferred to COMFLEACTS Chinhae, Korea.

On 20 September, CAPT Zel presented HM3 Kenneth Roark, Emergency Room, with his First Good Conduct Medal.

CAPT A. Darby Reynolds, NC, Director for Nursing Services, was on hand to meet CAPT Anita Sheehan, NC, USN, on her visit to Naval Hospital, Orlando. CAPT Sheehan was here on 17 and 18 September and is the Administrative Assistant to Commodore Mary J. Nielubowicz, NC, Director, Navy Nurse Corps.

CAPT Zel presented HM2 Steven Kilpatrick, Medical Repair, with a Letter of Commendation on 20 September as he transferred to Advanced Biomedical Repair Technician School, Fitzsimmons Army Medical Center, Colorado.

On 21 September, CAPT Zel presented a Letter of Commendation to CAPT William S. Bate, Head, Dental Department, as he transferred to the Naval Hospital, San Diego.

CAPT Agop Tashchian, MC, Head, Psychiatry Department, and Head, Alcohol and Rehabilitation Service, received the Meritorious Service Medal and congratulations from CAPT Zel. The Medal was presented on 20 September for his work at the Naval Drug Rehabilitation Center, Miramar, CA.

HM1 Brad White, RIF Optical, received his Third Good Conduct Award from CAPT Zel on 20 September.

On 14 September, another large group of EMT's were graduated and are now ready to take on the responsibility of being Emergency Medical Technicians. Pictured above, left to right, front row: HN Sartain, HM3 Frost, HN Carter and HN Jones. 2nd row: HM3 J. Wood, HM3 Matranga, HM3 Drake, HN Flynn, HN Kelly, HN Casler, HN Sumner, HMC Adgate and instructor, HM2 Bolanos. 3rd row: CAPT Zel, HM3 Depauk, HM2 Sucharzewski, HN Stepp, HM3 Freeman, HM3 Platt, HN Watkins, HN Gulley, HN Minkowski, and HN Masterson. Not present for the picture were HM1 Christenson and HM3 Hansell. The honorman for the class was HM3 Platt.

CHAPLAIN'S COMMENTS

LT Janell Nickols, CHC, USN

He's reaching ... and touching

Have you ever walked along the shore of a lake, in the early evening, and watched the reflection of the moon shimmer on the water? If you have, you may have noticed that the beam of light, reflecting off the water, shone directly at your feet. No matter where you move along the water's edge, that reflection follows you, always resting where you are standing. And, even if there were thousands of people along the shore, each of them would have the same experience. There is something about the nature of light which makes this happen.

Similarly, there is something about the nature of God that reaches out to each of us and touches us individually. When we stop long enough to look with our hearts, we know that the light of God's love is radiantly directed at each of us. No matter where we may move, no matter how many other people are in the world, God's love is there for us. All we need to do is look and we will find God reaching out to us, bringing light into our darkness, hope to our despair.

Master Shipwreck

HMCM(SS) R. C. Clements, USN

Who? What? Where? How? When?

Take a look at those five little words, posed as questions. They don't take up much space; they aren't long and complicated; but, they can really have a whale of an impact on your Naval career. Let's take them one at a time.

WHO ... who are you? A member of the United States Navy.

WHAT ... what are you? A dedicated and caring member of the Hospital Corps.

WHERE ... where are you? Right now, you are stationed at Naval Hospital Orlando! Where are you going? Now, that's a tough one. It depends on how long you have been in the Navy and what you want to do. Maybe you are interested in advanced schooling. Maybe you are interested in a special program. Maybe you're interested in seeking a commission. Whatever you want to do, seek some guidance or counseling.

HOW ... how are you going to get there? This is where the guidance and/or counseling comes in. We have lots of staff with experience and training. See Career Counselor, your Senior Enlisted Advisor, your Leading Chief Petty Officer or your Leading Petty Officer.

WHEN ... when should you do this? TODAY ... not tomorrow ... not next week ... not next month ... and not next year. This is called PLANNING AHEAD! DO IT!

DOMESTIC VIOLENCE AWARENESS WEEK 8 - 14 OCTOBER

Domestic Violence Awareness Week will be highlighted on Monday, 8 October, when NBC will present a two-hour, made for TV, movie entitled "The Burning Bed." The movie, starring Farrah Fawcett, is the true story of Francine Hughes, a victim of spouse abuse who was tried for the murder of her husband.

Did you know that at least 1.8 million women are severely beaten in their own homes every year? It is estimated that violence against wives will occur at least once in two-thirds of all marriages. Some of the shocking statistics on spouse abuse are: men commit 95% of all assaults on spouses; 20% of visits by women to emergency medical services are caused by battering; researchers have found that 25% of suicide attemps by women are the result of battering; and finally, statistics for 1982 indicate that one of every four female murder victims is killed by her husband or boyfriend!

For further information, please call LT Passen, our social worker, at X-4948.

EN - T - N - T

Column Coordinator:
LT R. D. Younger, MSC, USNR

ARS

I have been featuring the Navy's different levels of counseling for alcohol and drug problems for the past two issues. If one's chemical abuse has not been successfully addressed by NASAPP or CAAC, then he or she may be eligible for inpatient treatment at the hospital's Alcohol Rehabilitation Service (ARS).

The ARS engages patients in six weeks of intensive peer counseling. While warmly caring for each patient, this counseling confronts group members with their self deceptions and dependence on alcohol or drugs for meeting their emotional needs. Guidance in educational, marital, financial and spiritual areas is also provided. The program is based upon an AA model of alcoholism in which one must progress through the 12 steps of AA in order to remain sober. Beginning with recognizing that one is powerless over alcohol, one finds a Higher Power and surrenders to it, and eventually pledges to help others overcome their dependence on alcohol or drugs. After successfully completing the six week program, one is "commenced" to the follow-up care of AA and is returned to duty.

This successful program could not function without a dedicated staff. CAPT Agop Tashchian, MC, Psychiatry Department, is responsible for the overall administration of the ARS and is its Medical Director. Janet Greeson, Program Director, oversees the active treatment process and is assisted by three experienced alcoholism counselors: CTOC Jim Scott, Eddie Sargent and AQ1 Joel Aliason. Chaplain Janell Nickols conducts a spirituality group. LCDR Daniel F. Colvin, NC, the Administrative Officer, and Elaine Billy, the Secretary, diligently handle all of the administrative functions.

Our ARS is 2

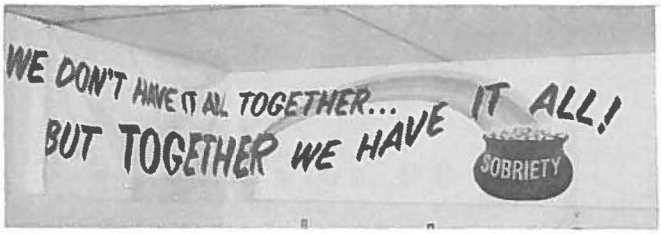
On 11 September, the Alcohol Rehabilitation Service Department celebrated their 2nd Anniversary.

... a few words from Commodore Fox

... a spiritual lift from Chaplain Nickols

... thoughts from HMCM Clements

... cake cutting: MS3 Melvin Hixson, Janet Greeson and CTOC Scott



Just A Word from the Skipper

CAPT Zel for CAPT Herr

As I continue as Acting Commanding Officer for CAPT Herr, I have become keenly aware of the tremendous number of letters we receive from grateful beneficiaries. It is the only way in which they can express their gratitude and thanks for the magnificent job you all do. Sometimes though, no matter how advanced our medical technology is and no matter how hard we work, we can't always save a patient. However, your empathic and dedicated efforts are still appreciated. I would like to share this letter with you.

CPT Herr
CPT DC USN
Naval Regional Medical Center
Orlando Florida 32813

23 Aug 84

Dear Sir;

My family and I would like to let you know how much we appreciate what you and your fine staff has accomplished. Our daughter Laura Bruckbauer fought threw a very difficult disease, cyctic fibrosis. Without the suberb attention and experience of your physicians and corpmen her life would have been shorter and of course more difficult. We cannot repay back the time, effort and caring that you and your staff have given her and us. We would sure appreciate if you could pass our thanks on to your fine staff. We thank you from the bottom of our hearts!! Your staff are not only fine medical people but fine friends. Again Sir, Thank you for the excellent job!!

Sincerely,
Wayne L. Bruckbauer
SSG U.S. Army

Laura Bruckbauer

10 June 1973

-

30 July 1984

Command Master Chief's "Doc" - 9 - Line

HMCM Wood for HMCM Phillips

On the 21st of September, two of our senior petty officers took a giant step forward as they "donned" the HAT and added the Chief Petty Officer insignia on their collars. It was a day that neither one of them will ever forget. For most E-1 thru E-6 personnel, the goal of achieving the rate of Chief Petty Officer is one that is nutured for years ... and it is not an easy one to achieve. Both Chief Marlon Evans and Chief Patrick Ferguson have worked diligently and have studied hard to be a Chief.

Even if you won't be eligible to be a Chief Petty Officer for a number of years, you have got to remember that what you do today will have a direct impact on your selection as a CPO several years down the road. So, right now is the time to work hard, study hard, sharpen your skills, and be professional!

Chief Petty Officer Patrick J. Ferguson recieved his new collar insignia from his father-in-law, Robert Wirth, (on left) and his father, James Ferguson.

New Chief Petty Officer Marlon R. Evans received his new collar insignia from CDR Truran and CAPT Zel.